

**FOREWORD TO
Dr Thomas Levy's
'STOP AMERICA'S NUMBER ONE KILLER'**

by Julian Whitaker, M.D.

In the mid-1960s, Nobel Laureate Linus Pauling began to study elements such as vitamin C, niacin, folic acid, and a number of other substances we now collectively call vitamins. It fascinated him that these elements could be used therapeutically in doses often a thousand, times that found in food. In 1968, Pauling coined the term orthomolecular medicine and defined it as the use of elements common and essential to the body in various dosages to prevent and treat illness.

Whereas vitamin and mineral supplementation is common practice today, it is brand new to human history. That's because prior to the middle part of the 20th century there was no way to synthesize or extract vitamins and nutrients from other substances. In fact, the accurate molecular structure of vitamin C, one of the simpler vitamins, wasn't nailed down until the mid 30s. The discovery of these orthomolecular substances and their subsequent utilization in the prevention and, treatment of disease is, in my opinion, the greatest medical advancement of the 20th century

Unfortunately, the medical "business" is virtually owned by the pharmaceutical interests. Drug companies must patent the molecular structure of the active ingredient of their products in order to make a profit. Orthomolecular substances cannot be patented because they exist in nature. What does this mean? Nearly all prescription drugs, with the exception of some hormones, are not only substances not found in the human body — they are foreign to life!

Yet, these patented drugs enable the pharmaceutical companies to garner truly obscene profits. This money allows them to buy and spread influence in virtually every area of our society. Each year Big Pharma spends a whopping \$16 billion on direct-to-physician promotion and another \$4 billion peddling their wares directly to consumers through advertising. Consequently, the thought of utilizing orthomolecular substances to prevent and treat disease is not only forgotten, but scorned by practitioners who are easy prey for the pharmaceutical industry.

The irony is that if an orthomolecular substance works today, it will work a million years from now. This cannot be said for the prescription drugs of today, many of which will be nonexistent only 100 years from now if that long. One barrier to physicians and individuals using orthomolecular substances is that they contradict the elements of style. That is to say, we all want and desire the latest and greatest. We look to new drugs with irrational hope. A "true breakthrough" hits the market, everyone, rushes to try it, and when it fails yet another blockbuster drug takes its place. It's a vicious cycle.

Orthomolecular substances, however, are found to have an increasing value rather than the decreasing value of 'drugs. In other words, vitamin C is not just for scurvy anymore.

The discovery of broadening benefits, of orthomolecular substances is truly exciting, and Thomas Levy MD, JD, is on the forefront in educating us on the positive effects of regular; large doses of one of the most remarkable orthomolecular substances: vitamin C.

In his first book on vitamin C, *Curing the Incurable*, Dr. Levy educated us on the use of vitamin C for, the treatment of infections and toxins. This book opens our eyes to the almost unbelievable value this vitamin has in treating and preventing cardiovascular disease, our nation's deadliest killer.

Every aspect of the paradigm of elevated cholesterol being the culprit in cardiovascular disease, along with hypertension accelerating the process, is effectively dismantled by Dr. Levy's precise information on the role vitamin C plays in all heart risk factors. The mechanism of atherosclerosis outlined by Dr. Levy, showing that the absence of vitamin C causes connective tissue of the wall of the arteries to become mushy and watery allowing penetration of foreign substances, is both intriguing and convincing.

In his last chapter he points out convincing evidence from a recent study which demonstrates, that slightly increasing your vitamin C tissue concentration reduces all causes of mortality. This decrease is continuous and inversely proportional to the level of vitamin C, maintained in the system. People with the highest vitamin C levels had the lowest death rate from all causes, and this reduction in death rate was independent of the presence or absence of other risk factors.

Dr. Levy should be commended and applauded. He has put an enormous amount of effort into convincing us of the benefits of ingesting high volumes of vitamin C. which constitutes virtually no effort. It is amazing that a practice of such simplicity, such ease, and such little negative consequence could have such a magnitude of benefits in combating our more serious and deadly diseases. The message of Dr. Levy's book is. very simple: Substantially increase your levels of vitamin C, keep them up to par, and live well and long.